



THE UNIVERSITY OF  
**SYDNEY**



**Sydney Uni**  
SPORT & FITNESS



**INTRAMURAL SPORT**  
THE UNIVERSITY OF SYDNEY

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### ABOUT INTRAMURAL SPORTS

The Intramural Sports Competition provides competitive and recreational sport leagues, tournaments and special events for all students, regardless of skill level. These activities foster leadership, sportsmanship and education.

This manual has been developed to ensure that residents participating in Intramural Sports have all the available information at their fingertips.

Student Accommodation Services and Sydney Uni Sport and Fitness are committed to ensuring that the Intramural Sports Program continues to grow in stature and to ensure the delivery of high quality and professionally administered safe programs. A heavy reliance on the program's success lies with each residence and its residents.

Due to the varying sports contested within the Intramural Sports Competition, this manual has been produced to clearly outline the requirements for each sport. All sports require a varying amount of players to be nominated and are officiated under different guidelines. For the most part, these guidelines are set by the national body. There are some variations added for differing reasons, including safety, game times and draw issues.

SUSF & SAS have also developed policies to aid in the professional conduct and administration of the Intramural Sports Program. Policies relate to alcohol at events, safety, academic standards, and social media.

The majority of Intramural Sports are played in a pools format. The competition is designed to be able to support residences that may not be able to furnish a team for a sport by still supplying points to keep them in the running for the cup. Once the points are compiled within an event, competition points are allocated to each residence based on their position in that particular event. All the points are totalled at the end of the year and the Thomas Whalan Cup and the Liane Tooth Cup are awarded to the respective residence.

Intramural sports are an integral part of a distinctive education at The University of Sydney.

### ABOUT INTRAMURAL SPORT CUPS

#### **The Thomas Whalan Cup (Men's Competition)**

*Thomas Whalan is a member of a select group of Australian water polo players who have played at four Olympic Games. He made his Olympic debut at the Sydney 2000 Games where he was the youngest Australian player on the team, which finished in eighth position. The outside shooter then competed at*

*Athens 2004, finishing ninth and Beijing 2008, finishing eighth. Whalan married Olympic swimmer Elka Graham just after the Beijing Games.*

*At the London 2012 Games and after losing three of their first four matches, the Australians knocked off Greece 13-8 to book a spot in the quarter-finals against Serbia. The Aussies took a 7-4 halftime lead before going down 8-11 to the eventual bronze medallists. Whalan finished with eight goals in the competition.*

*In 2001 Thomas was named Cleo Bachelor of the Year.*

*Thomas is an Alumnus of the University of Sydney having studied Commerce/Law.*

### **The Liane Tooth Cup (Women's Competition)**

*Liane Tooth was the first women's hockey player to participate in four Olympics, representing Australia from 1984-1996. Tooth played in two gold medal teams, in 1988 and 1996, with the team placing fourth in 1984 and fifth in 1992. A defender, Tooth was an exciting player for the Hockeyroos as they emerged as one of the best Australian teams competing on the international stage. She was honoured for her contribution to sport when chosen to be one of the eight flag bearers of the Olympic flag during the Opening Ceremony of Sydney 2000.*

*Tooth began playing field hockey at school in Sydney. Since 1994 she has devoted much of her professional life to increasing sporting opportunities and physical activity, particularly for girls and women; for the Active Women unit of the WA Department of Sport and Recreation. Most recently she has been working for the same department as an Officiating and Coaching Consultant, helping to develop officials such as referees and judges, and coaches.*

*She was inducted into the Sport Australia Hall of Fame in 1996.*

*Liane is an Alumnus of the University of Sydney having studied a Bachelor of Education (Physical Education) 1981 – 1983.*

## **CONSTITUTION, ARTICLE 1**

Name, Purposes and Fundamental Policy

### **1.1 Name**

The name of this committee shall be the "Intramural Sports Competition Committee (IMSCC) or the Intramural Sport Council"

### **1.2 Purposes**

The purposes of this Committee are:

- (a) To initiate, stimulate and improve intramural sporting programs for all students and to promote and develop educational-leadership, physical fitness, sporting excellence and sporting participation as a recreational and educational pursuit;
- (b) To uphold the principle of student-lead responsibility for all intramural sport in conformity with the constitution and bylaws of this committee;
- (c) To uphold participation eligibility rules that comply with satisfactory standards of scholarship and sportsmanship;
- (d) To formulate and publish rules of play covering intramural sporting competitions
- (e) To preserve intramural sporting records;

- (f) To study in general all phases of competitive intramural sporting competition and establish standards whereby the residences and the university can maintain a high level sporting competition program.

### 1.3 Fundamental Policy

#### 1.3.1 Basic Purpose

The competitive sporting programs of member residences are designed to be a vital part of the University of Sydney educational system.

#### 1.3.2 Member Residences

- Queen Mary Building
- Abercrombie Student Accommodation
- Sydney University Village
- Urbanest
- International House
- Mandelbaum House
- Sancta Sophia College
- UniLodge
- Iglu

#### 1.3.3 Obligations of Member Residences

Member residences are obligated to apply and enforce the requirements of this documentation, and the infractions process of the Committee will be applied to a residence when it fails to fulfil this obligation.

## CONSTITUTION, ARTICLE 2

### Principles for Conduct of Intramural Sports Competition

#### 2.1 General Principle

Regulations enacted by the Committee administering the conduct of intramural sports shall be designed to advance one or more basic principles, including the following, to which member residences are committed. In some instances, a delicate balance of these principles is necessary to help achieve the objectives of the intramural sporting competition.

#### 2.2 Residential Control and Responsibility

**Responsibility for Control:** It is the responsibility of each member residence to control its arm of the intramural sporting program in compliance with the rules and regulations of the Committee.

**Scope of Responsibility:** The residence's responsibility for the conduct of its arm of the inter-residence sporting competition includes responsibility for the actions of its staff members and for the actions of any other individual or organisation engaged in activities promoting the sporting interests of the residence.

### 2.3 Resident-Competitor Well-being

Intramural sporting competition programs shall be conducted in a manner designed to protect and enhance the physical and educational well-being of students living in member residences.

**Overall Educational Experience:** It is the responsibility of each member residence to establish and maintain an environment in which a resident-competitor's activities are conducted as an integral part of the resident's educational experience.

**Cultural Diversity and Gender Equity:** it is the responsibility of the Committee to establish and maintain an environment and suite of sporting competitions that values cultural diversity and gender equity among its competition.

**Health and Safety:** It is the responsibility of member residences, the Committee and SUSF to protect the health of, and provide a safe environment for, each of the participating residents.

**Resident-Competitors/Coaches/Referee Relationship:** It is the responsibility of each member residence to establish and maintain an environment that fosters a positive relationship between resident-competitors and coaches/referees.

**Fairness, Openness and Honesty:** It is the responsibility of the Committee, in conjunction with Sydney University Sport and Fitness, to ensure that coaches and administrators exhibit fairness, openness and honesty in their interactions with resident-competitors.

**Resident-Competitor Involvement:** It is the responsibility of each member residence to direct residents to opportunities provided by the IMSCC.

### 2.4 Sportsmanship and Ethical Conduct

For Intramural sporting to promote the character development of participants, to enhance the integrity of higher-education and to help achieve the University of Sydney's strategic goals sporting competitions and events should adhere to such fundamental values as respect, fairness, civility, honesty and responsibility. These values should not only be manifest in intramural participation, but also in the broad spectrum of activities affecting the intramural sporting program. It is the responsibility of the committee to:

- (a) Establish policies for sportsmanship and ethical conduct in intramural sporting competitions consistent with the educational mission and goals of the University of Sydney; and
- (b) Educate, on a continuing basis, all constituencies about the policies in this document.

### 2.5 Sound Academic Standards

Intramural sporting programs shall be maintained as a vital component of the educational program. The academic standing of a resident should not be impacted by the participation in any aspect of the intramural sporting competition.

### 2.6 Non-discrimination

The association shall promote and atmosphere of respect and sensitivity to the dignity of every person.

### 2.7 Rules Compliance

**The responsibility of Residence:** Each residence shall comply with all applicable rules and regulations of the Committee in the conduct of its arm of the intramural sporting competition. It shall monitor its arm to assure compliance and to identify and report to the Committee instances in which compliance has not been achieved. In any such instance, the residence shall cooperate fully with the Committee and shall take appropriate corrective actions. Members of a residence's staff, resident-competitors and

other individuals and groups representing the residences arm of the intramural sporting competition shall comply with the applicable Committee rules, and the member residences shall be responsible for such compliance.

**The responsibility of the Committee:** the Committee shall assist each residence in its efforts to achieve full compliance with all rules and regulations.

### 2.8 Competitive Equity

The structure and programs of the Association and the activities of, shall promote opportunity for equity in competition to assure that individual resident-competitors and residences will not be prevented unfairly from achieving the benefits inherent in participation in intramural sporting.

### 2.9 Play and Practice Seasons

The time required of resident competitors for participation in intramural sporting shall be regulated to minimise interference with their opportunities for acquiring a quality education in a manner consistent with that afforded the general student body.

## CONSTITUTION, ARTICLE 3

### Organisation

#### 3.1 General Principles

**Structure:** The association's administrative structure shall include a Director of Intramural Sport, as nominated by Student Accommodation Services and Sports Convenors, the number as described in the organisational chart. The Director of Intramural Sports will oversee all operations of the sporting competition and manage the residences nominated sports convenors.

**Selection and Term of Office:** Member residences may appoint representatives to the committee by means they see fit. A member can only be appointed for a year long term, and cannot serve more than two consecutive terms. The exception is the Executive Officer whom is appointed for the duration deemed appropriate by Student Accommodation Services.

#### 3.2 Executive Committee

##### Duties and Responsibilities:

- a) Provide final approval and oversight of the intramural sporting competition
- b) Facilitate a culture of participation in sport and recreation activities
- c) Work harmoniously with Sydney University Sport and Fitness and Student Accommodation Services
- d) Provide recognition for sporting achievements in intramural sporting
- e) Convene as needed to discuss matters relating to the intramural sporting competition
- f) Maintain accurate and accessible sporting records in conjunction with SUSFs representative.

## OPERATING BYLAWS, ARTICLE 4

### Ethical Conduct

#### 4.1 General Principle

**Honesty and Sportsmanship:** Individuals associated with the intramural sporting committee and resident-competitors shall act with honesty and sportsmanship at all times to that inter-residence sporting as a whole, their residences and they, as individuals, shall represent the honour and dignity of fair play and the generally recognised high standards associated with wholesome competitive sports.

#### **4.2 Unethical Conduct**

Unethical conduct by a resident competitor, staff or student member of a member residence or Student Accommodation Services or other affiliated with the above, may include, but is not limited to, the following:

- (a) Refusal to furnish information relevant to an investigation of a possible violation of an IRSA regulation or the individual's residence;
- (b) Knowing involvement in offering or providing a prospective or current resident an improper inducement or extra benefit or improper financial compensation;
- (c) Knowingly furnishing or knowingly influencing others to furnish the IMSDC or the individual's residence false or misleading information concerning an individual's involvement in or knowledge of matters relevant to a possible violation of an IMSDC regulation;
- (d) Knowing involvement in providing an illegal substance or impermissible supplement to a competitor or knowingly providing medications to competitors contrary to medical licensure, commonly accepted standards of care in sports medicine practice, or state and federal law.
- (e) Engaging in any competition under an assumed name or with intent to otherwise deceive;
- (f) Engaging in an intramural conflict.
- (g) No competitor, spectator, referee or staff member will be allowed to participate in any aspect of the Intramural sports competition if he/she is consuming (or suspected to be) alcohol/illicit substances. Any person suspected of such will be asked to leave the facility and the IMSCC will apply penalty as it sees fit.

#### **4.3 SUSF Sporting Code of Conduct**

Individuals associated with the intramural sporting committee and resident-competitors must act within the SUSF Sporting Code of Conduct. The code of conduct is available on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>.

#### **4.4 Use of illicit substances**

Any member of a residence's student body who has knowledge of a resident's use at any time of an illicit substance shall follow the individual residence's procedures dealing with drug use or shall be subject to disciplinary actions.

#### **4.5 Disciplinary Action**

Resident competitors found in violation of the provisions of these competition regulations shall be ineligible for further intramural competition, subject to appeal to the Committee on Resident-Competitor Reinstatement for restoration of eligibility. Residence or University staff found in violation of the provisions of these regulations shall be subject to disciplinary or corrective action as set forth by their relevant supervisor.

### **OPERATING BYLAWS, ARTICLE 5**

Eligibility, Promotion & Infraction

#### **5.1 General Principles**

**Eligibility for Intramural Sports:** Amateurs and Student-Athletes are eligible for intramural participation in a particular sport. This includes live-in students-staff members. General staff who do not take residence and are not students of the University of Sydney are not eligible to participate in the competition.

**Clear Line of Demarcation:** Intramural sports are designed to be an integral part of the educational program. The resident-competitor is considered an integral part of the student body, thus maintaining a clear line between intramural sports and professional sports.

**Residence Responsibility:** A member residence shall not permit a resident competitor to represent it in intramural sport competitions unless the resident meets all applicable eligibility requirements.

**Academic Status:** To be eligible to represent a member residence in Intramural Sports a resident competitor shall be enrolled in a minimum full-time program of studies, at the University of Sydney, be in good academic standing as determined by the University of Sydney and maintain progress toward an undergraduate or postgraduate degree.

### 5.2 Definitions and Applications

**Individual:** An individual, for purposes of this competition manual, is any person of any age living within a member residence.

**Organised Competition:** Intramural sports competition shall be considered organised if any of the following conditions exists:

- (a) Competition is scheduled and publicised in advance;
- (b) Official score is kept;
- (c) Individual or team standings are maintained;
- (d) Official timer or game officials are used;
- (e) Teams are regularly formed or team rosters are predetermined;
- (f) Team uniforms are used; or
- (g) A team is privately or commercially sponsored.

### 5.3 Promotional/Marketing Activities

From time to time SUSF, SAS or a resident-competitors residence may ask students to participate in promotional and/or marketing activities to better enhance the intramural sports program.

### 5.4 Residence Responsibility for Eligibility Certification

The Head of any residence is responsible for approving the procedures for certifying the eligibility of a resident-competitor.

### 5.5 Ineligibility

**Member Residence Obligation to Withhold Resident-Competitor from Competition:** If a resident-competitor is ineligible under the provisions of this constitution, bylaws or other regulations of SUSF, the member residence shall be obligated to apply the immediately applicable rule and withhold the resident-competitor from all intramural competition. The resident may appeal to the Committee on Resident-Competitor Reinstatement for restoration of eligibility if he/she concludes that the circumstances warrant restoration. Withholding is also applicable when Academic Standards are not met. If a member residence withholds participation in Intramural Sports, they are obligated to inform SAS or vice-versa.

### 5.6 Restoration of Eligibility

**Basis for Appeal:** When a resident-competitor is determined to be ineligible under any applicable provision of the constitution, operating by-laws or other regulations of SUSF or SAS, the resident competitor, having had the applicable rule sanctioned from intramural competition, may appeal to the Committee on Resident-Competitor Reinstatement for the restoration of their eligibility, provided that the member residence concludes that the circumstances warrant restoration of eligibility.

**Participation in Appeal Meeting:** Any appeal to restore a resident competitor's eligibility shall be submitted in writing to the IMS Committee. Upon receipt, the committee shall form a meeting of appeal with the resident competitor to discuss eligibility to continue in intramural sport. During this process the IMSCC will determine the appropriate members of the committee on Resident-Competitor Reinstatement.

### 5.7 Recruiting

No member of a participating residence may recruit a resident competitor to take residence at their accommodation provision for gain in intramural sports. Any member residence found to be doing so will be subject to a competition ban for one academic year.

### 5.8 Infraction

If a member residence, resident competitor or staff member is found to be the source of an infraction. The IMSCC (minus the infracting residence representatives) will determine the appropriate member of the Committee on Intramural Sporting Infractions. Included in the notice of infraction will be the right to appeal to this committee. SUSF and SAS will have final say in the outcomes of major infractions.

## OPERATING BYLAWS, ARTICLE 6

### Playing and Practice Seasons

#### 6.1 General Principles

**Member Residence Limitations:** A member residence shall limit its organised practice activities in all sports, as well as the extent of its participation in other intramural sporting activities to minimise interference with the academic programs of its resident competitors. A member residence shall have the discretion to apply additional practice season limitations should the resident competitors fail to satisfy the academic requirements of the University of Sydney.

**IMS Committee Limitations:** The IMS Committee shall limit the length of its playing season and the number of its regular-season contests and/or dates of competition in all sports, as well as the extent of its participation in other intramural sporting activities, to minimise interference with the academic programs of its resident-competitors.

#### 6.2 General Playing-Season Guidelines

**Playing Season:** The playing season (practice and competition) for a particular sport is the period of time between the date of a member residence's first officially recognised practice session and the date of the IMS competition, whichever occurs later. A member residence and the IMSCC is permitted to conduct officially recognised practice and competition each academic year only during the playing season as regulated for each sport and in accordance with the provisions of this bylaw.

**Segments of Season:** the IMSCC will divide the playing year into sporting segments as to create a fair and equitable competition for all member residences. The IMSCC may temporarily discontinue a segment due to severe inclement weather, and restart the discontinued segment provided the permissible overall length of that segment is not exaggerated. IMSCC will notify all member residences of this decision, with a written summary explaining any extra conditions placed on the extension.

**Sports-Safety Certified Staff Presence During Countable Physical Activities:** It is the responsibility of the member residence to ensure that appropriately qualified first-aid/sports safety staff are present at all practice season activities. It is the responsibility of IMSCC to ensure that appropriately qualified first-aid/sports safety staff are present at all organised intramural sporting matches.

**Time Limits for Intramural Athletically Related Activities:** A resident-competitor's participation in intramural sporting activities shall be limited to a maximum of seven hours per day and twenty hours per week.

### 6.3 Individual Sporting Regulations

The following pages will detail the rules for each individual sport within the Intramural Sport program.

## Futsal

**Location:** SUSAC

### **Genders Competing:**

Futsal will be played by male and female residents.

### **Minimum and Maximum Squad Sizes:**

Each Residence may nominate a maximum squad of 12 players and minimum of 5 players, with 5 players on the court at any time.

In the event that the full squad of players cannot take the court at the start of play, a minimum of 3 players can be fielded without incurring a forfeit. Each residence will still need to nominate a minimum of 5 players.

### **Sports Rules:**

Futsal shall be played according to the rules accepted by the FIFA laws of the game. These can be found on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

A goal cannot be scored directly from a sideline kick in, an indirect free kick or a kick-off (starting or restarting a game).

Other than above, a goal can be scored from any whether on the court (within the necessary rule of the game).

The whole of the ball must cross the line for the referee to award a corner, goal, goal clearance, etc.

There is no offside.

Side tackles and shoulder charges are not permitted. Aggressive and dangerous play is not permitted.

There is a 4 second time limit placed on set plays (corners, free kicks, etc.)

To restart the game from the sideline, a kick in replaces the throw in. Ball shall be placed on the sideline, player must have both feet on or outside the sideline.

To restart the game from the sideline a kick in replaces the throw in. Ball placed on sideline, player must have both feet on or outside the sideline.

To restart the game a goal (kick) clearance, the goalkeeper must throw the ball into play.

A goalkeeper cannot throw or dropkick/punt the ball over the 2/3 line on the 'full'.

Once distributed by the goalkeeper (in his/her own half) the ball may not be touched again by him/her until the ball has either touched an opponent or has crossed the halfway line.

A goalkeeper may not handle the ball from a back pass or kick in and is restricted to 4 seconds on the ball in his/her own half of the field of play.

Goal keepers may only handle the ball within their own penalty areas.

Players must retreat 5 metres from the ball at all 'set' plays.

Players cannot play the ball whilst ("lying") on the ground if an opponent is within playing distance of the ball.

### **Sport Specific Rule Changes:**

In the event of a tied round match, teams will be given points for a draw.

In the event of a tied semi or final, 3 minutes extra time will be played with the golden goal rule applying. If scores are still tied after extra time a penalty shootout will occur. Penalties will be taken from the centre of the basketball free throw line as marked on the courts.

Field dimensions are 30m x 15m, Keeper's boundaries consist of the Netball goal circle.

Unlimited substitutions are allowed during each match, substitutions must be listed on team sheets submitted to SUSF prior to the event.

### **Misconduct:**

The use of Yellow and Red Cards is at the discretion of the referee.

Their decision is final and cannot be overturned.

If a player is shown a yellow card, they must leave the field for a period of two minutes.

The player (or a team mate) may return to the playing area after the two minutes.

If a player is shown a red card, they must leave the field for the remaining duration of the match.

Any abuse or gross misconduct directed at referees or other players will result in exclusion from the game, possible suspension of the team from the competition as determined by event staff and SUSF event convenor.

### **Officials for the event:**

One referee will be assigned to each pool game, a referee and touch line referee will be assigned to each semi and final. Referees discretion on calls will be final and any misconduct will not be tolerated.

### **First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

### **Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

### **Residence Volunteers Required:**

Scorers will be needed for each game.

### **Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

**Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

**Competition Format:**

The competition will be run in a pool structure with 12 minute halves per game. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

## **Basketball**

**Location:** SUSAC

**Genders Competing:**

Basketball will be played by male and female residents.

**Minimum and Maximum Squad Sizes:**

Each Residence may nominate a maximum squad of 15 players and minimum of 5 players, with 5 players on the court at any time.

In the event that the full squad of players cannot take the court at the start of play, a minimum of 3 players can be fielded without incurring a forfeit. Each residence will still need to nominate a minimum of 5 players.

**Sports Rules:**

Basketball shall be played according to the rules accepted by Basketball Australia, this includes the use of the Shot Clock where available. These can be found on the Intramural webpage,

<http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

**Sport Specific Rule Changes:**

In the case of even scores at full time, a draw will be awarded. No extra time will be given.

**Nominations Due:**

No later than 5pm, seven days prior to the commencement of the competition season.

**Officials for the event:**

One referee will be assigned to each pool game; two referees will be assigned to each semi and final. Referees discretion on calls will be final and any misconduct will not be tolerated.

**First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their

representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

### **Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

### **Residence Volunteers Required:**

Scorers will be needed for each game.

### **Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure with 12 minute halves per game. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

## **Badminton**

**Location:** SUSAC

### **Genders Competing:**

Badminton will be played by male and female residents.

### **Minimum and Maximum Squad Sizes:**

Two individuals from each Residence to be nominated to play doubles. One female and one male player from each residence to be nominated to play singles. Players are only permitted to play in one competition.

Minimum squad size for doubles is 2 and the maximum squad size is 3 players.

### **Sports Rules:**

The tournament will be conducted in accordance with the Laws of Badminton adopted by the World Badminton Federation. . These can be found on the Intramural webpage,

<http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

### **Sports Specific Rules Changes:**

Events will be played as a pools event. These matches will be the best of 3 games to 21 using the rally point scoring system.

Warm up time will be limited to three minutes per match.

It will be a fault if, in play, the shuttle hits the roof or other part of the hall structure.

### **Nominations Due:**

No later than 5pm, seven days prior to the commencement of the competition season.

### **Officials for the event:**

Round games will be self-refereed with Badminton officials available onsite in case of question. IMSCC will liaise with SUSF to find appropriate referees.

### **First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

### **Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

### **Residence Volunteers Required:**

Volunteers are required to assist in the setting up and cleaning up process.

### **Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

### **Table Tennis**

**Location:** SUSAC

**Genders Competing:**

Table Tennis will be played by male and female residents.

**Minimum and Maximum Squad sizes:**

Each College can nominate a maximum squad size of 4 players and minimum squad size of 3 players.

There will be 3 singles matches, played by 3 individual players, in a fixture during the pools phase of the competition. Matches are played in a best of 5 set format, with each set going to 11 points. Players must win each set by 2 points.

**Sports Rules:**

Table Tennis shall be played according to the rules accepted by Table Tennis Australia. These can be found on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

Sport Specific Rule changes:

Matches are best of 5 games, played to 11 points.

After deciding the serve, each player will serve two points each.

If a player serves a net ball (called a 'let serve'), the point is replayed. (There are no limits to the number of let serves a player may serve.)

The server in singles can serve anywhere: short, long, straight, or cross-court. In doubles the ball shall touch successively the right half court of server and receiver.

If following a serve you volley the ball while it is still above the table surface, you lose the point.

If you move the table, or touch it with your free hand, during the rally, you lose the point.

If you or your clothing touches the net or post during the rally, you lose the point.

If you hit the ball twice in succession, you lose the point.

If your shot hits a wall, the ceiling, or misses the opponent's side of the table, you lose the point.

Change ends of the table after each game.

The player who serves at the beginning of a game is the receiver at the beginning of the next game.

After the first player scores the 5th point in the final game of the match, change ends. If you forgot to change at 5, then change as soon as you realize it.

If your opponent distracts you by talking or yelling while the ball is in play, play a let.

At 10-10, the score is called "Deuce". A player must then win by 2 points. Alternate serves until one player has a 2-point lead.

**Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

**Officials for the event:**

Round games will be self-refereed with table tennis officials available onsite in case of questions. IMSCC will liaise with SUSF to find appropriate referees.

### **First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

### **Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

### **Residence Volunteers Required:**

Volunteers are required to assist in the setting up and cleaning up process.

### **Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

## **Netball**

**Location:** SUSAC

### **Genders Competing:**

Netball will be played by male and female residents.

### **Minimum and Maximum Squad sizes:**

Each Residence may nominate a maximum squad of 15 players and minimum of 7 players, with 7 players on the court at any time.

## INTRAMURAL SPORTS COMPETITION MANUAL

In the event that the full squad of players cannot take the court at the start of play, a minimum of 5 players can be fielded without incurring a forfeit. Each residence will still need to nominate a minimum of 7 players.

### **Sports Rules:**

Netball shall be played according to the rules accepted by International Netball Federation. These can be found on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

Sport Specific Rule changes:

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Officials for the event:**

Two Umpires will be assigned to each game. IMSCC will liaise with SUSF to find appropriate referees.

### **First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

### **Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

### **Residence Volunteers Required:**

Volunteers are required to assist in the setting up and cleaning up process.

### **Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure with 12 minute halves per game. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

## **Ultimate Frisbee**

**Location:** SUSAC

**Genders Competing:**

Ultimate Frisbee will be played by male and female residents.

**Minimum and Maximum Squad sizes:**

Each College can nominate a maximum squad size of 15 players and minimum squad size of 7 players, with 7 players on the court at any time.

In the event that the full squad of players cannot take the court at the start of play, a minimum of 5 players can be fielded without incurring a forfeit. Each residence will still need to nominate a minimum of 7 players.

**Sports Rules:**

Ultimate Frisbee shall be played according to the rules accepted by Australian Flying Disc Association. These can be found on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

**Sport Specific Rule changes:**

A team may make unlimited substitutions after a goal is scored and before the team signals readiness for the pull.

**Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

**Officials for the event:**

Two Umpires will be assigned to each game.

**First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

**Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

**Residence Volunteers Required:**

Volunteers are required to assist in the setting up and cleaning up process.

**Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

**Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure with 12 minute halves per game. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

## **Spikeball**

**Location:** SUSAC

### **Genders Competing:**

Spikeball will be played by Male and Female residents.

### **Minimum and Maximum Squad sizes:**

Each College can nominate a maximum squad size of 4 players and minimum squad size of 2 players each team shall be represented by 4 players, however only 2 players will play in each fixture.

### **Sports Rules:**

Spikeball shall be played according to the rules accepted by Spikeball Australia. These can be found on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

Players start standing next to their partner, all players stand 90 degrees apart for the start of play.

All players but the receiver, start 6 feet from the net, the receiver may stand at any distance from the net.

Once the server strikes the ball, players may move anywhere they choose.

Possession changes as soon as the ball contacts the net.

Each team has 3 touches per possession.

Games are played to 21, games must be won by 2 points.

A point is awarded when:

- The ball contacts the ground or isn't returned into the net within 3 touches
- The ball is hit directly into the rim of the net, including on a serve
- The ball rolls or double bounces on the net, except for a "roll-up"

### **Serving:**

If the receiving team wins the point, the next pre-designated player serves according to the pre-determined sequence. If the serving team wins the point, the server switches place with their partner and serves to the other receiving team member.

The receiving team sets their position first, the server stands opposite from the designated server who is the only player allowed to field the serve.

If the server commits two faults, the receiving team wins the point.

A fault is a violation of any of the following rules:

- The server must toss the ball upward at least two inches

- If the server tosses the ball, he must hit it. Dropping, catching or swinging and missing a toss count as faults.
- The servers feet must be behind the service line/ 6 feet from the net when the ball is hit
- The server must not lean or fall forward
- The server must take one pivot step or direct approach steps, but may not move laterally beyond a pivot or change directions during approach
- The server may contact the ball with one foot airborne but that foot must contact the ground at least 6 feet from the net before further movement
- Serves mustn't pass higher than the receivers upwardly extended hand (receiver must be able to return the ball without having to jump)
- The serve should come cleanly off the net

If the serve misses the net, hits the rim or bounces and lands back on the net or rim, the receiving team wins the point.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Officials for the event:**

SUSF will supply officials for the event. Round games will be self-refereed under the guidance of an official, semi finals and finals will be overseen by an official.

### **First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

### **Residence Volunteers Required:**

Volunteers are required to assist in the setting up and cleaning up process.

### **Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point

scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

### **Volleyball**

**Location:** SUSAC

**Genders Competing:**

Volleyball will be played by male and female residents.

**Minimum and Maximum Squad sizes:**

Each College can nominate a maximum squad size of 15 players and minimum squad size of 6 players, with 6 players on the court at any time.

In the event that the full squad of players cannot take the court at the start of play, a minimum of 5 players can be fielded without incurring a forfeit. Each residence will still need to nominate a minimum of 6 players.

**Sports Rules:**

Volleyball shall be played according to the rules accepted by the International Volleyball Federation. These can be found on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

Sport Specific Rule changes:

TBC

**Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

**Officials for the event:**

One referee will be assigned to each game.

**First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

**Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

**Residence Volunteers Required:**

Volunteers are required to assist in the setting up and cleaning up process.

**Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure with 12 minute halves per game. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.

## **Touch Football**

**Location:** The Square Field

### **Genders Competing:**

Touch Football will be played by male and female residents.

### **Minimum and Maximum Squad sizes:**

Each College can nominate a maximum squad size of 15 players and minimum squad size of 6 players, with 6 players on the court at any time.

In the event that the full squad of players cannot take the court at the start of play, a minimum of 5 players can be fielded without incurring a forfeit. Each residence will still need to nominate a minimum of 6 players.

### **Sports Rules:**

Touch Football shall be played according to the rules accepted by Touch Football Australia. These can be found on the Intramural webpage, <http://www.susf.com.au/shop/item/intramural-sport>. Please refer to the Intramural sport page for updated rule changes.

Sport Specific Rule changes:

A team may make unlimited substitutions after a goal is scored and before the team signals readiness for the pull.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Officials for the event:**

One referee will be assigned to each game.

### **First Aid Requirements:**

First Aid will be available at the venue. In the event of a serious injury, please notify the SUSF event convenor or residence representative immediately. In the event of a major injury, the injured party or their

representative will go through a forms and policy procedure with the Intramural Programs manager to ensure that insurance and other WHS risks are appropriately taken care of.

### **Clean up**

All participating colleges/residences must ensure that the venue is cleared of all rubbish on departure of the premises.

### **Residence Volunteers Required:**

Volunteers are required to assist in the setting up and cleaning up process.

### **Points System:**

Teams will be awarded 4 points for a win, 3 points for a draw, 2 points for a loss and 0 points if they are unable to furnish a team.

The final placings shall be awarded according to the aggregate of points accumulated by each residence. In the event of a tie at the end of pool games, placings will be decided on a 'for and against' goal count.

### **Forfeits:**

In the event of a no-show or teams pulling out after the specified confirmation deadline. The SUSF competitions manager and Intramural Programs manager will choose a penalty of between 1 and 3 competition points.

### **Nominations Due:**

No later than 5pm, seven (7) days prior to the first week of fixtures.

### **Competition Format:**

The competition will be run in a pool structure with 12 minute halves per game. Each competition would be split in three pools (A, B and C). Each team will play a minimum of two games and then the top team from each pool and the highest point scorer from all runner-ups will go through to the semi-final and eventually the final two teams play in the grand-final.

Pools are chosen at random. In the event of a forfeit, a new draw with two new randomised pools will be issued.